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'These are human beings'

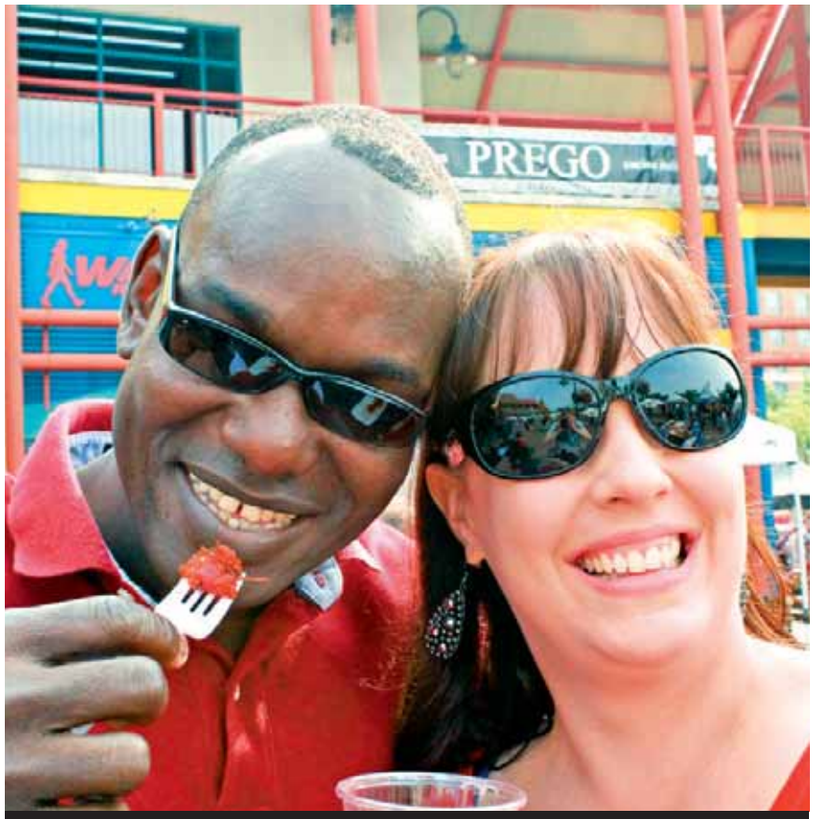
Varsity residents' lawsuit to stop special-needs school draws ire PAGES 3 & 12

No RRSP cash? Then get cookin'

Gail Vaz-Oxlade has nine places you probably haven't looked for extra dough PAGE 17

WHATEVER FLOATS YOUR ...

PLASTIC BARREL? FLORIDA KEYS REGATTA RACE CHALLENGES AMATEUR BOAT BUILDERS TO USE HOUSEHOLD ITEMS PAGE 12



PASS THE ANTACIDS

Artaqr and Shannon Doward enjoy some watermelon juice and tandoori chicken at Taste of Calgary. The festival wrapped up on Sunday after its 18th successful year. KEN VAN DE WALLE/FOR METRO

Heads up! Police know your eyes aren't on the road

Distracted drivers. Collisions haven't waned since law took effect in 2011

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police will be out in force targeting people "driving with their heads down," just as summer vacation comes to a close, pledges a top traffic cop.

Staff Sgt. Paul Stacey said the ramped-up effort the service plans to roll out in September could include flagging phone-wielding motorists from the roadside and plainclothes officers tracking the movements of drivers parked at red lights.

But no matter the approach, he's convinced there will be few troubles finding worthy candidates for the $172 fine.

"Just driving around every day, you're seeing it constantly: People are driving with their heads down," he said. "Especially with the kids back to school and everybody back from holidays, the roads are going to be much busier. People are going to be in a hurry.... The last thing we need is drivers to be distracted."

Sept. 1 will mark three years since provincial distracted driving legislation took effect, but questions remain about whether Alberta roads have actually become safer.

Data accumulated by Calgary police up to the end of June indicates collisions across the city are trending upward, with nearly 1,907 incidents per 100,000 people, compared to about 1,183 over the same period in 2013 and 1,784 in 2012.

Stacey said a particular focus for his team will be high-pedestrian areas downtown.

"Every time you stop at a light, you'll find somebody who's either talking on the phone or texting.... I don't think we're doing enough. I think it needs to be more of a focus for us — and it will be."

Respondents to a question on Metro's Facebook page Sunday also said they'd seen little improvement since the distracted-driving law took effect.

"It's worse than ever," wrote Keith Carter. "No question … law is useless."

By the numbers

Collisions in Calgary through first half of 2014:

- **Fatal collisions: 13** (17 in 2013 over same time period)
- **Injury collisions: 1,321** (1,267 in 2013)
- **Property-damage collisions: 20,933** (19,359 in 2013)

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Christine Meikle School lawsuit 'sick,' says namesake's daughter

Neighbour uproar. Varsity residents claim CBE violated Municipal Government Act

Family members of the late Christine Meikle-Harris say they're frustrated over a lawsuit aiming to block a new special-needs school that would bear the storied advocate's name.

Metro first reported Thursday that 30 Varsity residents who would live near the planned school had filed the suit, arguing that the Calgary Board of Education violated the provincial Municipal Government Act because they'd previously deemed land now designated for the new Christine Meikle School surplus to its needs.

Reached on Sunday, Christine Herman, one of Meikle-Harris' eight children, deemed the plaintiffs' resistance to the school "ridiculous."

"How sick.... These are human beings and they behave themselves very well," she said of Meikle's students. "If they were building a jail that would be one thing, but they're not. It's not a penal institute. It's a very happy place for these people that would have nowhere else to go."

According to the statement of claim, the Varsity plaintiffs are seeking an immediate injunction to halt development of the new Christine Meikle School — CBE officials had hoped to have the site open for September 2016 — and want the land turned back to the city and designated as municipal reserve land, something they claim should have already occurred. They're also seeking compensation for "diminution" of their property values and exemplary damages for the "high-handed conduct" of the CBE.

None of the allegations have been proven in court.

Herman said the residents are missing the point.

"They aren't even considering the attendees," she said. "There's no consideration for who's going to be there.... It's all … about, 'Oh, the price of my house will go down,' when nothing could be further from the truth."

The plaintiffs have declined or not responded to requests for an interview, as has legal representative Richard John. On Friday, however, after Metro's first story was published, John issued an email stating the lawsuit "does not address the nature of the facility" being constructed.

JEREMY NOLAIS/METRO

TO SEE COLUMNIST JEREMY KLASZUS' TAKE ON THE LAWSUIT, HEAD TO PAGE 12

History

- Christine Meikle-Harris, born in 1908, opened the Kitchen School after her son Roderick was born with Down's Syndrome. She taught Roderick and five other special-needs kids in her home.
- In 1957, the Calgary School for Retarded Children opened, with Christine as its principal. It was later taken over by the Calgary Board of Education and renamed the Christine Meikle School, which is still operational.

Christine Herman with a photo of her mother, Christine Meikle-Harris, the visionary behind a Calgary school for special-needs students. A lawsuit filed earlier this month is attempting to block development of a new facility that would bear the same name in Varsity. JEREMY NOLAIS/METRO

Museum exhibit

Legacy to be immortalized

Christine Meikle-Harris will be among those honoured with an exhibit when the Canadian Museum for Human Rights opens in Winnipeg next month.

Daughter Christine Herman, granddaughter Shona Miko Musgrave and other family members have been invited to take part in opening festivities.

Miko Musgrave said Sunday that her grandmother helped launch the school that would bear her name and also set up the vocational rehab facility at the University of Calgary to aid special-needs students able to extend their education beyond primary school.

In 1983, Miko Musgrave produced a documentary called Close to the Heart, detailing the life of Christine Meikle-Harris and her lasting legacy.

"She had the Order of Canada, she's received many, many awards and accolades, but my grandmother never ever did it for that reason," Miko Musgrave said.

"She said, 'Well, if I didn't do it, somebody else would have.' Which is not true.

"She had an incredible charm and personality and she was an advocate that nobody could imagine."

Basement fire. Family of three and four guests forced to flee home

Three family members and four guests had to flee a northeast Calgary home Saturday evening after a fire broke out in the basement.

Fire crews were sent to a residence at 95 Tarawood Rd. N.E. shortly after 7 p.m. Saturday. Crews immediately spotted thick black smoke coming out of the rear of the two-storey home.

A resident of the home met firefighters at the scene and informed them that everyone had evacuated safely.

Firefighters found a well-established fire in the basement and were able to put out the blaze from the interior. A family of three, along with four guests, were upstairs when the fire started.

"We called 911," said Harpreet Cheema, who lives just two houses down from the blaze. "The lady said that the people in around three houses, (should) just go out(side) because the fire was outside the windows and doors."

Fire crews stayed at the residence overnight to patrol hot spots and ensure there were no further flare-ups. Fire crews have now handed the residence over to the family's insurance company.

Although no one was injured, the house sustained enough damage that it's uninhabitable until repairs can be done, fire officials said.

The cause of the fire is still under investigation.

KEN VAN DE WALLE/FOR METRO

Quoted

"We called 911.... The lady said that the people in around three houses (should) just go out(side), because the fire was outside the windows and doors.... Thank God everyone was out safely."

Neighbour Harpreet Cheema, who lives two houses down from the blaze

Sikome Lake reopens after man drowned last week

Visitors were back on the beaches of Sikome Lake on Sunday, less than a week after a 29-year-old man drowned. KEN VAN DE WALLE/FOR METRO

Fish Creek Park. Ali Shaikh, 29, was not wearing a life jacket when dinghy overturned

KEN VAN DE WALLE
calgary@metronews.ca

Safety is still the name of the game after Sikome Lake reopened Sunday following a recent drowning.

Sikome Lake in Fish Creek Park was temporarily closed after 29-year-old Ali Shaikh died when the dinghy he and other family members, including a baby, overturned in the man-made lake. Many of the family were saved by witnesses. None were wearing life jackets.

The body of Shaikh was recovered from the lake Wednesday. The province says it has tested the quality of the water six times in the past week.

Those flocking to the lake aren't taking any special precautions that they weren't before.

"It's always a concern when you're in water," said Alvin Sippola, who was at the lake with his children and grandchildren. "But it's very shallow and that person who fell, I heard he didn't know how to swim."

There are two stations at Sikome Lake where people can borrow life jackets for free. In addition, the lake has several aquatic-safety staff on duty. While they aren't lifeguards, they are trained in first aid, patrol the beach and provide water rescues.

However, people are warned that they use the lake at their own risk.

"I have always been concerned about the safety of my family. The young kids wear life jackets; that's the way it has always been," said Andrea Lecourtois, who was at the beach with her family.

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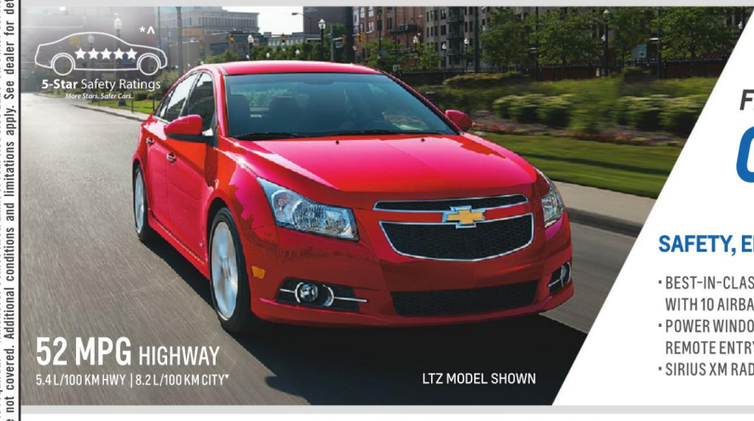

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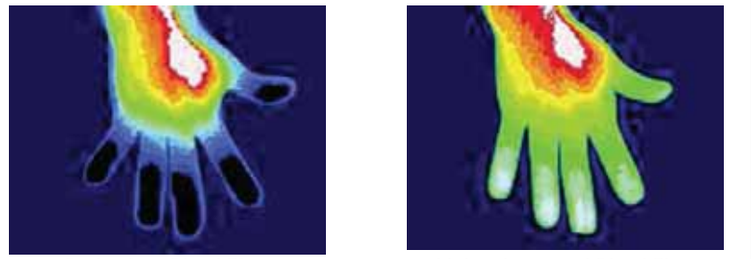

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Andrew Cormier, left, and Joel Dryden are behind Calgary's first film anthology, which is set to debut at the Globe Cinema on Sept. 5. KEN VAN DE WALLE/FOR METRO

Film anthology an ode to Calgary

Premiere. Themes of love, the working life and much more to be showcased in September

JEREMY NOLAIS
jeremy.nolais@metronews.ca

When thinking of candidates to produce Calgary's first film anthology, Joel Dryden and Andrew Cormier probably aren't the first names that come to mind.

Dryden is a recent journalism grad from Mount Royal University, while Cormier studies psychology, but the pair shared a vision of telling Calgary's stories using a variety of themes, film techniques and individuals.

"We always took the field-of-dreams approach — come up with the idea and put it out and see if people respond to it," Dryden said in an interview. "There's a lot of talent in Calgary, but I think sometimes people aren't aware of it. I think the best way for people to become aware is to put it out there and do something cool with it."

With that in mind, the pair began conceptualizing themes that should be included in a series of short films focused on all things Calgary. They also began accepting submissions from prospective directors.

Love, leisure, social justice, even cowboys are included in the finished anthology, premiering at the Globe Cinema on Sept. 5. Dryden said the 20 directors involved — each with their own theme to focus on — were given free rein to experiment with whatever techniques they saw fit.

The director behind the "love" short film, for example, focused on the relationship between Calgary and the Bow River.

"It's telling the story about a relationship that could be about two people or it could be about the relationship between the river and the city," Dryden explained.

"It's the same with all the films: we left it open to the director.... That's why we're so thrilled with the variety of content that we have because all they had was a theme and were free to go crazy with it."

Each film in the anthology runs three minutes.

For more information on the project, head to 201studios.com or email whatchagotcalgary@gmail.com. Proceeds from the Globe premiere will be donated to the Calgary Women's Emergency Shelter.

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Ebola spread feared after 'looting spree' at Monrovia clinic

Liberia's capital.
Quarantine centre for patients suspected of Ebola infection raided by residents of slum

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre set up for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia.
ABBAS DULLEH/THE ASSOCIATED PRESS

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

The residents took medical equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through bodily fluids including blood, vomit, feces and sweat.

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

The incident creates a new challenge for Liberian health officials, who were already struggling to contain the outbreak.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. THE ASSOCIATED PRESS

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Ukraine. Army troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides. THE ASSOCIATED PRESS

United Kingdom

Scotland divided on independence, opinion polls show

One month before a referendum, two opinion polls show that Scotland's voters are narrowly divided on whether to leave the U.K.

Sunday's published polls both found that a majority of decided voters want Scotland to stay within the U.K. THE ASSOCIATED PRESS

Pakistan

Politician tells protesters to stop paying taxes

A Pakistani cricketer-turned-politician called on anti-government protesters on Sunday to stop paying taxes and practise civil disobedience until Prime Minister Nawaz Sharif steps down. Khan accused Sharif of voter fraud in last year's election. THE ASSOCIATED PRESS

U.S. orders federal autopsy of Missouri teen shot by cops

'Extraordinary circumstances.' Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

People defy a curfew on Sunday, before tear gas was fired to disperse a crowd protesting the Aug. 9 shooting of teenager Michael Brown in Ferguson, Mo.
CHARLIE RIEDEL/THE ASSOCIATED PRESS

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager, whose fatal shooting by a white police officer has spurred a week of rancorous and sometimes violent protest in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said protesters weren't the reason for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street.

Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson police department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security. THE ASSOCIATED PRESS

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Plucky robot ends cross-country trek in Victoria, B.C.

hitchBOT. Two Ontario professors designed the cross-country-travelling, wedding-crashing bot to see if it could trust humans

David Smith poses with his latest project, hitchBOT. JEFF HARPER/METRO FILE

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before attending a welcome ceremony at the Open Space Art Gallery on Aug. 21 in Victoria.

hitchBOT, which was created by Ontario communications professors David Smith and Frauke Zeller, was designed as both a collaborative art project and a social robotics experiment.

According to its creators, hitchBOT, which is about the size of a child, was built to determine whether robots can trust humans.

Dressed in household items to appear non-threatening, hitchBOT has been taken on friendly adventures by drivers — even crashing a wedding — and exceeds 33,000 Twitter followers. NICK WELLS/FOR METRO

Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. BEN NELMS/THE CANADIAN PRESS

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Does your workplace pension work for you?

HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

It's time to wise up! At the very least you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan
A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

Making the right investment choices for your workplace pension early could mean caviar instead of cat food during retirement. GETTY IMAGES

2. Defined Contribution Plan
These plans combine contributions from the employee and the employer. While only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10, making them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

3. Group RRSP
These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan
Created in 2012, these are employer-sponsored but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.

Just the stats

Would Canadians change jobs for a better pension?

- **9%** Very likely
- **28%** Somewhat likely
- **40%** Not very likely
- **23%** Not at all likely

SOURCE: BMO WEALTH INSTITUTE

Riding a 3Q high in Whistler

The Chateau Whistler lies in the background as Brandon Semenuk of Whistler flies through the air during the Red Bull Joyride at Crankworx in Whistler, B.C., Saturday. Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to $10.2 million and increased its revenues, noting the recent ski season had challenging conditions. The ski resort company had a loss of 15 cents per diluted share, down from a loss of $12.2 million, or a loss of 19 cents, in the same quarter last year. Revenue was up 16 per cent to $34.5 million. Revenue per visit was $87.81, up 3.1 per cent. Whistler Blackcomb is the largest four-season mountain resort in North America.
JONATHAN HAYWARD/THE CANADIAN PRESS

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LAWSUIT NOT COOL, VARSITY

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

A tense community debate in northwest Calgary has deteriorated into a pitiful display of NIMBY (Not In My Back Yard) hysteria.

Faced with an unexpected new development in their neighbourhood, 30 Varsity residents have reacted lighting-fast with a lawsuit.

They're not going to court to block a halfway house, an addictions treatment centre, a condo tower or a noisy industrial plant — typical igniters of NIMBY angst.

No, these folks have banded together to fight a quiet neighbourhood school.

Christine Meikle School, which serves youth with developmental disabilities, has outgrown its decrepit Bridgeland location. As I wrote in a June column, the school has a proven reputation as a good neighbour with virtually no traffic impact.

This stellar track record hasn't stopped some — not all — Varsity residents from going apoplectic over the plan to move the school into their area.

The site in question has been zoned for a school since 1971 but has been used by residents as cherished green space in the meantime.

The 30 plaintiffs are seeking an injunction to block the project, arguing that by law the Calgary Board of Education should have turned the surplus school land over years ago to the City of Calgary, which should in turn protect it as open space. The plaintiffs allege they have suffered "irreparable harm as a result of the recent stated intention of the CBE" to build the new school in the form of diminished property values. The claims haven't been proven in court.

This action does not reflect well on the community of Varsity — and that's putting it generously. Thankfully, other residents have taken a more welcoming approach toward the students, staff and families of Christine Meikle.

The CBE has presented two concept options to the community: a one-storey design (concept A) and a two-storey design with a smaller footprint (concept B).

Both designs preserve a good portion of the site's existing green space, a fact often overlooked in the recent hysteria.

Feedback collected by the CBE in June and posted online captures more nuanced local reactions.

"I live across the street at Varna Crescent," writes one resident. "I am very glad to see an underutilized site be developed if it's done well. I love Concept B and dislike Concept A."

"Before seeing the plans, both architectural and traffic, I was against the build," writes another. "Now, I'm not."

The diehard opponents bristle over recent media coverage, suggesting that it unfairly characterizes them as discriminatory against kids with disabilities. They argue that the special-needs nature of the school is irrelevant, that any development on that site is inappropriate. But at the end of the day, 30 residents are suing the CBE to block a school for some of our city's most vulnerable children.

If those individuals don't like how cruel and pitiful that sounds, perhaps they should rethink their approach.

Whatever floats is your boat

Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM

That's way too much pop

The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

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Case of the Mondays? Seal pup on Sea-Doo may or may not help

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's Monday, and odds are good that you're not where you'd prefer to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now, and if that's the case, we apologize for bringing that up. But, come on, look at how damn cute that thing is. (Michael Borthwick/YouTube)

THE ASSOCIATED PRESS FILE

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Ebooks

Riddle of the Black Cat

By. J.W. Rinzler

iBooks/Kindle

MIND THE APP
Kris Abel
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Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's The Expendables 3 was easily out-gunned in its debut. The turtles took in $28.4 million in its second weekend. That surpassed the fourth place $16.2 million earned by The Expendables 3. The Guardians of the Galaxy came in second with $24.7 million. Let's Be Cops took third spot. THE ASSOCIATED PRESS

Bringing Diana Gabaldon's Outlander world to life

Long time coming. Writer always worried about her work getting screen treatment, until she met the producer of Battlestar Galactica

RICHARD CROUSE
scene@metronews.ca

Caitriona Balfe and Sam Heughan star in the TV adaptation of Outlander, premiering Aug. 24 on Showcase. CONTRIBUTED

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part Outlander series.

The former academic-turned-bestselling-author writes thick books that Entertainment Weekly describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first Outlander book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"Outlander is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-hour movie cannot be made and reflect the integrity of the work."

Enter Battlestar Galactica producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire because she was intelligent and strong; very capable and interesting."

He saw Outlander not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

AUGMENTED REALITY

→ Want to watch a trailer for the upcoming television series Outlander? Scan this photo with your Metro News app.

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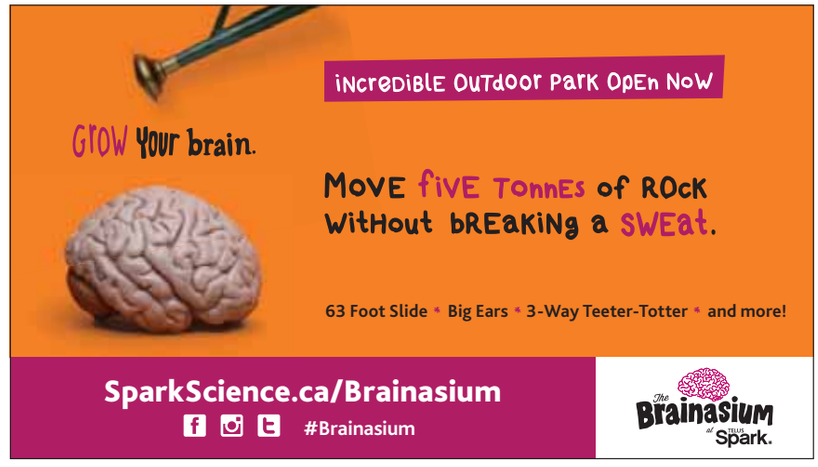
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Celebrity exes aim to shine, not whine

Atlanta Exes. Show features former mates of Kevin Hart, Usher, Ne-Yo, Cee-Lo and NFLer Ray Buchanan

Torrei Hart's career took a back seat for years to raise two children, allowing her then-husband Kevin Hart to pursue his comedy career.

The two ultimately ended an eight-year marriage with divorce in 2011 after, she says, infidelity caused the split. By that time, Kevin's career began to soar while Torrei struggled to get her comedy career back on track.

Now, she hopes it's her time to shine. Hart is among a group of exes having yet another moment in the spotlight, thanks to a new phenomenon in reality television: shows based solely on the ex-wives and ex-girlfriends of famous folks.

"It's my time to come up," said Torrei Hart, who along with five other women will star on the new reality series, Atlanta Exes, which premieres Monday night on VH1, with eight episodes planned for the first season. The show delves into the lives of women who were linked to highly popular men.

It also stars Tameka Raymond (Usher's ex-wife), Monyetta Shaw (Ne-Yo's ex-fiancée), Christina Johnson (Cee-Lo's ex-wife) and Sheree Buchanan (ex-wife of former NFL player Ray Buchanan).

"It's a great platform," Torrei Hart said. "Look what happens to people who do reality TV. I mean, everybody has a goal in life. You can achieve it through reality television."

But Raymond says fame is not her main motive.

"It's not coming up on our strife. We're not trying to come up off of our exes," said Raymond, who was married to Usher for two years before they divorced in 2009.

Raymond wants to tell her side of the story after a long legal fight last year. She lost custody of her two sons to Usher a month after 11-year-old son Kile Glover died in a boating accident in 2012.

Their time for the spotlight

"We're not gold diggers. We are more than that. We are business women, college-educated, very smart, ambitious and role models, too."

Monyetta Shaw, ex-fiancée of Grammy-winning artist Ne-Yo
One of five exes featured on a new reality show on VH1

"There were so many misconceptions of who I am as a person — everything from my marriage to how I deal with my children. I figured there's no other way to clear it up, and be my own voice."

The Atlanta version is a spinoff of Hollywood Exes, which finished its third season in July. The shows offer the exes an opportunity to tell their stories, promote themselves as entrepreneurs and perhaps shed the conception of being "gold diggers."

On the show, Johnson maintains her interior design company, Shaw pens a children's book, Hart releases her Cherry Limeade-flavoured drink mixer, and Raymond attempts to bring more recognition to her son's foundation, Kile's World.

"The stereotype of a celebrity's significant other or ex is not true," said Monyetta Shaw, who has two children with Grammy-winning artist Ne-Yo, who broke the news of their breakup to his followers on Instagram last year.

"We're not gold diggers. We are more than that. We are business women, college educated, very smart, ambitious and role models, too."

Some of the cast member's former mates were fine with their being on the show, while others, such as Usher, were concerned about their exes revealing too much.

Johnson hopes the show can help other women who are dealing with the aftermath of a divorce or breakup following a long-term relationship. THE ASSOCIATED PRESS

Torrei Hart is among a group of five ex-wives and ex-girlfriends featured on a new reality series called Atlanta Exes. THE ASSOCIATED PRESS

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Diplomatic alterations. The Interview gets a revamp following pressure from North Korea

Sony has caved to threats from the North Korean government and returned to the editing room with its upcoming film The Interview, says the Hollywood Reporter.

Directed by Evan Goldberg and Seth Rogen, The Interview stars James Franco and Rogen as an American talk show host and his producer. They wind up at the heart of a plot to assassinate North Korean dictator Kim Jong-Un.

The film was not to the liking of officials in Pyongyang, who described it as an act of terrorism and filed an official complaint with the UN.

To alleviate tensions, Sony will digitally alter certain details in the film, including retouching thousands of military buttons. Since they are true replicas of buttons worn by the North Korean army, their depiction on the silver screen would reportedly be considered as "blasphemous."

Initially scheduled to launch Aug. 8, the film is now due in theatres on Dec. 25. AFP

The Interview stars Seth Rogen and James Franco. YOUTUBE

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METRO DISH

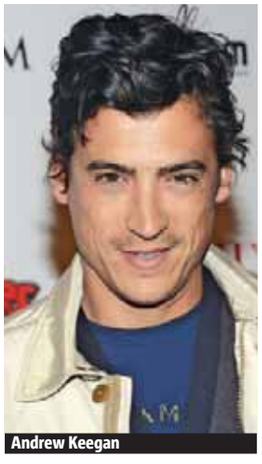
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J-Law looks across the pond and finds Chris Martin

NED EHRBAR
Metro in Hollywood

This was certainly … unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and Michelle Rodriguez thing, it's official: The gossip gods must be crazy. It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other. J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Mayhew? You know, the guy who plays Chewbacca? I hear he's a very generous lover.



Andrew Keegan

Andrew Keegan: From teen star to California cult leader?

Actor Andrew Keegan — remember 10 Things I Hate About You? — has a new gig as the leader of a spiritual movement called Full Circle that's totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, Calif.

Apparently, Keegan started the religion after he was attacked by gang members in 2011. "The significance of this occurrence is that it happened at the same time the tsunami hit Japan," Keegan says.

As for whether this makes Keegan a cult leader?

Vice's reporter writes, "(A church member that goes by) Third Eye explained that he was part of the 'inner circle,' composed of eight core members, all of whom are led by the founder Andrew Keegan.

All the members are 'enlightened' and have come together to initiate change. While they are co-operative, Keegan is the official leader who has, as Third Eye put it, the 'ultimate say on all things.'"

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a:) Would compensate me for my services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."

Beyoncé and Jay-Z.

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Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Sure, you know you should be saving for the long-term. You wish you could. But there's no extra money. It can be tough balancing today's needs with tomorrow's.

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook. Now you won't be tempted to say, "I have nothing for dinner, where's the take-out menu?"

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping $1,500 a year. Brew your coffee at home for the drive in and switch to tea later in the day. Tea is much easier to make at work.

3. Get a better phone plan. If you're using your cellphone all the time, and paying a whopping bill, you're a dope. As for the new smartphones with data plans, they can set you back a couple of hundred bucks a month. You don't have to give up your cell, just cut your bill in half.

4. Increase deductibles. Would you really make a claim on your car insurance for under $1,000? Do you know what that would do to your premiums. Raise your deductible to $1,000 and watch your premium drop. Also, combine your home and auto insurance and save up to 15 per cent. Yes, it takes a little work, but it can save you hundreds every year, particularly if you're a great driver and never have to use your deductible.

5. Save money on your mortgage interest. It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage. When you do, you make the equivalent of one extra monthly payment every year, which could save you four year's worth of interest. And since that extra payment is spread over the whole year, your cash flow never feels pinched.

6. Grab the Canada Education Savings Grant. When you invest in a Registered Education Savings Plan, the federal government gives you money to help with your child's education. If you put $2,500 in the plan, the feds will add $500. That's an immediate 20-per-cent return. Why would you pass that up?

7. Contribute to an RRSP and use your refund to pay down your mortgage. Contrary to all those clichés your mother filled your head with, you can have your cake and eat it, too. If you're in the 30-per-cent tax bracket and you make a $3,000 contribution to an RRSP, the taxman will refund you $900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you normally spend on, like those twice-a-year trips to see family or to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library instead of buying them, eliminate cable and learn to shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Figure out how much you'll have for expenses like food, entertainment, utilities, clothes, gifts, cable/cell, and travel. Practise living on that money, cutting back where necessary. Use the money you're no longer spending to boost your savings in your tax-free savings account, RRSP or emergency fund.

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Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster

Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than $25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. – *Lesley-Anne Scorgie*

To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked $100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost $1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing $3,500 by December, which is a $12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing $50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:
In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $103,000
- Homework from last month: Set up their daughter's RESP and change their investment holdings

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

• Monthly rent has become a mortgage payment;
• Property taxes, home insurance and condominium fees have been added, and;
• They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately $350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third toward savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay $200 per month. The simple act of taking control of their debt repayment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is $20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:
Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $5,600
- Homework from last month: Create a list of home improvements and a revised budget

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Lessons from the desert

Sometimes you've got to follow in order to go faster

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

As part of my preparation for my next run, I took to cycling to relieve my knees. This in turn led me to a three-day bike race as part of a team of eight. On the first day, after 40 kilometres of rolling hills, we faced our first massive climb. Only the steepest section would count towards the race and only the time of the seventh rider of eight to summit would determine our team ranking.

A third of the way up, a teammate got detached and the radio announced I was in the seventh position.

Although slowly being engulfed with pressure, I needed to shift from pacing to racing to the top, and would learn a number of tactics to help me up the hill as fast as possible, without pushing me to my breaking point.

The first was for the team to slide back to me so we could ride in a tight formation, where I would stay inches from the back wheel of rider six at all times.

"Don't let that wheel go," I was told.

That way, I would not only remain shielded from the wind and expend less energy, but also stay focused on the wheel in front of me as opposed to look up towards the overwhelming summit above us.

It worked.

In life or on the bike, when we face a mountain we haven't climbed before, while understanding the challenge of what lies ahead is critical, our climbing speed is likely to be faster if we simply shift our perspective to follow the wheel in front of us and let go of the weight that comes from thinking about the magnitude of the climb.

Time to take off

Although slowly being engulfed with pressure, I needed to shift from pacing to racing to the top, and would learn a number of tactics to help me up the hill as fast as possible, without pushing me to my breaking point.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Put pen to paper or take a pause

Should I stay or should I go now? Two professionals reflect on the differing decisions they made after high school graduation

ETHAN ROTBERG
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life. Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

Straight to school

Sarrah Young went directly from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assistant to the CEO in a non-profit setting.

Why did you choose the path you took?

I had no idea what I wanted to do. I thought going straight into post-secondary school would help me figure it out.

What were the challenges or advantages?

Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

Why did you choose the path you took?

I grew up in a very rural area and I decided that I would rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

Independence in an instant

"If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better."
Sarrah Young

What were the challenges or advantages?

The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult. On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI GANDHI
Metro World News

Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book The 20-Something Guide to Getting it Together.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days.

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops to discover the answer.

Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers.

Most entry-level jobs are administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

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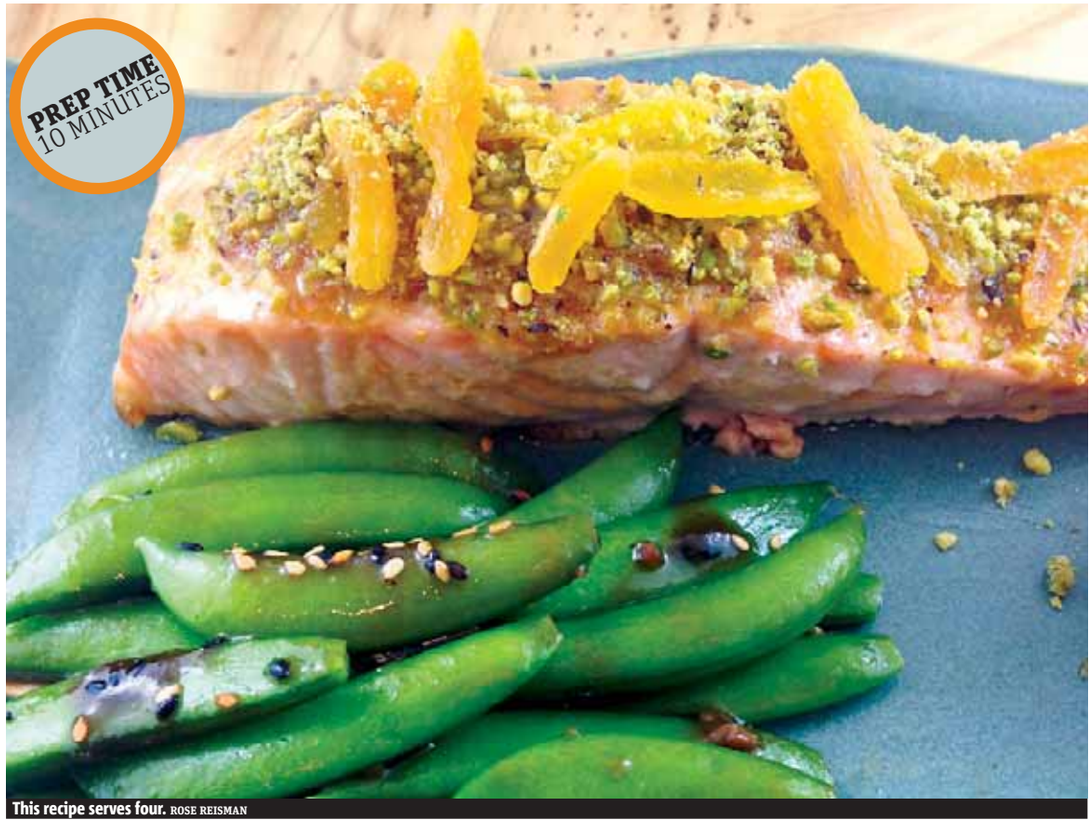

This recipe serves four. ROSE REISMAN

Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or barbecue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when slightly undercooked rather than overcooked.

Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months. This way you always have them on hand.

Directions

1. Spread mustard over top of salmon fillets.
2. Combine all ingredients for glaze. Brush half over salmon and sprinkle with chopped pistachios. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.
3. Spread apricots over top of the fillets. Serve with remaining glaze.

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Maple sweetens veggie side

We're always looking for a great-tasting side dish, but who doesn't tire of plain old steamed vegetables, meal after meal?

This veggie dish looks dynamic and can accompany any main entrée.

If possible, purchase rainbow carrots, which are a variety of different coloured carrots.

Have fun with deep purples, dark red, white and bright yellow variations.

The addition of the maple syrup glaze is subtle and just enhances the sweetness of both vegetables.

Directions

1. Steam or microwave the carrots at high just until they are barely tender, approximately 4 minutes. Drain and set aside.
2. Steam or microwave the sugar snap peas just until they are barely tender, approximately 3 minutes. Drain and set aside.
3. In nonstick skillet, heat the olive oil, maple syrup and cinnamon.
4. Add the carrots, and peas cook for 1 minute. Serve sprinkled with pecans and parsley.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY ROSE REISMAN.

This recipe serves four. ROSE REISMAN

Ingredients

- 1/2 lb carrots, sliced thinly horizontally (rainbow variety if available)
- 1/2 lb sugar snap peas
- 1 1/2 tsp olive oil
- 3 tbsp maple syrup
- 1/2 tsp cinnamon
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CFL

Lions win 500th game on strength of 4th-quarter fury

Kevin Glenn's 53-yard TD strike to Emmanuel Arceneaux with under seven minutes remaining led the B.C. Lions to a 33-17 milestone win over the Toronto Argonauts on Sunday night.

Arceneaux broke two tackles en route to the end zone at 8:33 of the fourth quarter to anchor the Lions' 500th all-time victory. B.C. (5-3) outscored Toronto (3-5) 20-7 in the fourth to register its third straight victory.

Ronnie Yell's 31-yard interception for a TD with 1:56 remaining cemented B.C.'s 17th win in its last 19 meetings with Toronto, to the dismay of an announced season-high Rogers Centre gathering of 18,283. THE CANADIAN PRESS

Breeders' Stakes

3rd Triple Crown race is the charm for Ami's Holiday

Ami's Holiday couldn't find a clear path to the winner's circle in the Queen's Plate or the Prince of Wales Stakes, so he got another chance in the Breeders' Stakes.

Under a clean ride from jockey Luis Contreras on Sunday afternoon in Toronto, Ami's Holiday cruised by horses on the outside to win the $500,000 final jewel of the Canadian Triple Crown.

Ami's Holiday was second to Lexie Lou in the Queen's Plate and third to Coltimus Prime in the Prince of Wales earlier this season. THE CANADIAN PRESS

Tackled in the final, but heads held high

Best finish. At their 1st appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris. JORDAN MANSFIELD/GETTY IMAGES

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient Canadian team, England needed a stellar solo effort from its star centre to cement a 21-9 win over Canada in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

After England dominated in the first half, Canada closed to within two points on a Magali Harvey penalty halfway through the second. But Scarratt kicked a penalty of her own a minute later, then capped the scoring with a try six minutes from the end of regulation.

"We had a couple of opportunities to score tries that could have made a difference, but because we didn't then they were full of confidence and more physical and fresher than us," Canada coach Francois Ratier said.

"When you have two opportunities and you don't score, then it's almost impossible. It's not a question of passion or heart. It's just a question of in the final of any sport, if you don't score when you have the opportunities, then the other team will take them."

Scarratt received the ball from a lineout and ran past Mandy Marchak, fended off fullback Julianne Zussman and ran the ball in to give England some much-needed breathing room. She kicked a conversion to cap a spectacular tournament for the England centre.

"It's just a missed tackle," Ratier said. "We tried to tackle high but (Scarratt) has a really strong upper body. We should have gone lower but that's the way it is."

Harvey had all of Canada's points on three penalties and finished the tournament with 61 points, second only to Scarratt's 70.

It was Canada's first appearance in the World Cup final. Its previous best finish was fourth, which it did in three consecutive tournaments from 1998 to 2006. England, meanwhile, ended 16 years of heartache by finally winning it after finishing as runner-up to New Zealand in the last three tournaments.

THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Sunday's final.

metro AR → See the full instructions on Metro's Voices page.

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LPGA

Park keeps her title with win at Wegmans

Inbee Park successfully defended her title in the LPGA Championship, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three.

The South Korean player won her fifth major title and fourth in the last two seasons. THE ASSOCIATED PRESS

Wyndham

Villegas returns after four years

Camilo Villegas finished his final round in the Wyndham Championship and didn't have to hit another shot to win his first PGA Tour title since 2010.

When the rest of the field struggled late, Villegas wound up with his fourth PGA Tour title and first since the 2010 Honda Classic. THE ASSOCIATED PRESS

Cincinnati

Federer, Williams carry it off

Roger Federer won an unprecedented sixth championship in Cincinnati, overcoming one bad set. Serena Williams dominated for her first title.

Federer extended his record of finals perfection in Cincinnati, beating David Ferrer 6-3, 1-6, 6-2 in the Western & Southern Open on Sunday.

Earlier on Sunday, Williams finally got the one that had always slipped away.

Williams needed only 62 minutes to beat Ana Ivanovic 6-4, 6-1.

"Definitely my best performance of the summer," she said. "Hopefully not the last. THE ASSOCIATED PRESS

Serena Williams
THE ASSOCIATED PRESS

Gillaspie's grand slam clips Blue Jays' wings

MLB. White Sox send birds spiralling down to their 11th loss in their last 15 games

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth time in seven decisions.

"It was just through the hands with two strikes and put it in play hard," Gillaspie said.

On Sunday

White Sox	Blue Jays
7	5

"You know sometimes you get them up in the air, sometimes you miss them.

"It was definitely a good jump-start to the game."

Toronto's Edwin Encarnacion hit a two-run homer, his 27th this season and first since returning from the disabled list on Friday. The Blue Jays have lost five of six and 11 of 15 to fall 7-1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild-card race.

Hutchison has given up six runs or more in four of his last seven starts. THE ASSOCIATED PRESS

White Sox second baseman Gordon Beckham forces out the Blue Jays' Melky Cabrera to start a double play on Sunday. ANDREW A. NELLES/THE ASSOCIATED PRESS

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metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus
April 21 - May 21
Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini
May 22 - June 21
Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer
June 22 - July 23
Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo
July 24 - Aug. 23
Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo
Aug. 24 - Sept. 23
Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra
Sept. 24 - Oct. 23
Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

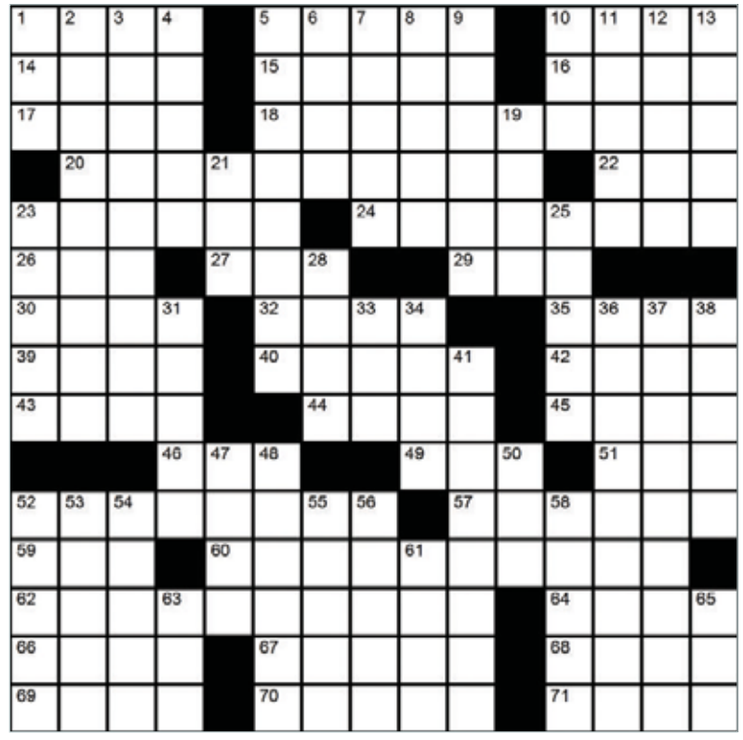
♐ Sagittarius
Nov. 23 - Dec. 21
Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn
Dec. 22 - Jan. 20
Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces
Feb. 20 - March 20
You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan



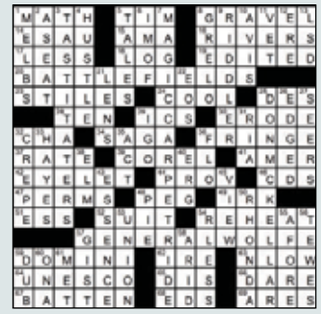
Across

1. Embassy diplomats, briefly
5. Nice deed, __ __ kindness
10. Feedbag fillings
14. Great Big Sea's "__-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. __ __ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___-__ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Laters' opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '_' __ in Elmira
49. YMCA, e.g.
51. Frying __
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE = Canadian National __
62. __-__ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?
70. Cake-candle countees
71. Illusionist, archaically

Down

1. La Isla Bonita line: "Te dijo te __."
2. __ __ Prize for Fiction
3. Communication __ by Chilliwack
4. Captain Benjamin __, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles
6. __ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation 'Fortississimo' is shortened __ '_ _ _'." ...said the music instructor
12. Crook
13. Six: German
19. "It should come __ __ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic __, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's __ Comes Mary
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et __
56. Actor Henry
58. "__ '__ Up Style (Oops!)" by Blu Cantrell
61. Max __ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	8						5	9
	1			4			8	
		4	2		8	6		
			7		4			
4								7
			5		3			
		1	3		5	2		
	2			7			3	
5	9						7	6

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

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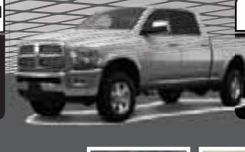

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